



NBRC Gym Schedule

JANUARY



						Gym Meet 1/23/16 *Classes Cancelled, No Open Gym*	
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	Open Gym 6:00-8:30	Open Gym 6:00-7:45	Open Gym 6:00-8:30	Open Gym 6:00-7:45	Open Gym 6:00-7:30	Open Gym 6:30-8:30	Open Gym
6:30am							
7:00am							
7:30am							
8:00am							
8:30am	Drop-in Pickleball 8:30-10:30	Drop-in MRT 7:45-8:45	Drop-in Pickleball 8:30-10:30	Drop-in MRT 7:45-8:45	Drop-in Fit For Life 7:30- 8:30	Barbell Circuit 8:30-9:30	Drop-in CoEd Volleyball 8:00-12:00 <i>not on 1/24</i>
9:00am							
9:30am							
10:00am							
10:30am							
11:00am	Open Gym 10:30-11:30	Open Gym 10:00-1:00	Drop-in Fit For Life 10:30-11:30	Supertots Sampler <i>starts 1/14</i>	Drop-in Fit For Life 10:30-11:30	Open Gym 9:30- 2:30	Gonzo 9:45- 12:00
11:30am							
12:00pm							
12:30pm							
1:00pm							
1:30pm	Open Gym 1:30-2:30	Drop-in Senior Basketball 1:00-2:30	Open Gym 1:30-5:30	Drop-in Senior Basketball 1:00-2:30	Open Gym 1:30-2:30	Open Gym 12:00-4:30	
2:00pm							
2:30pm	Drop-in All Ages Basketball 2:30-5:00	Drop-in All Ages Bball 2:30-5:00 <i>Gonzo 2:30-5:00 starts 1/12</i>		Drop-in All Ages Basketball 2:30-5:00	Drop-in All Ages Basketball 2:30-5:00		Gonzo Tennis 2:30-5:00 <i>starts 1/16</i>
3:00pm							
3:30pm							
4:00pm							
4:30pm							
5:00pm	Setup	Open Gym	Setup			Open Gym 5:00-7:30	Basketball Leagues 4:30-7:30
5:30pm	Drop-in HIIT 5:30-6:15 Takedown	Barbell Circuit 5:30- 6:15	Drop-in HIIT 5:30-6:15 Takedown	Barbell Circuit 5:30- 6:15	Open Gym 5:00-7:30		
6:00pm							
6:30pm	Open Gym	Women's Wkt 6:00-7:00	Open Gym	Women's Wkt 6:00-7:00			
7:00pm	Kickball 7:00-10:00	Open Gym 7:00-9:30	Drop-in Adult Basketball 7:00-9:00	Open Gym 7:00-9:30			
7:30pm							
8:00pm							
8:30pm							
9:00pm							
9:30pm							



GYM SCHEDULE IS SUBJECT TO CHANGE AT ANY TIME

For more information call 303-413-7260 or go to [Http://www.boulderparks-rec.org](http://www.boulderparks-rec.org)